



The best activities guide around !

NOVEMBER 2011

A man wearing a Dallas Cowboys jersey with the number 88 and a white cap with a blue star is smiling. He is holding a photograph of a man in a red jersey with the number 15 and a GC4 Gridiron Week 2 schedule card. The background shows a wall with various posters and a calendar. The text at the bottom of the image lists several events: CZCC Pool Tournament – 2nd, Big Kahuna – 3rd, CZGC Veteran's Day Nichibei Golf Tournament – 11th, CZGC Turkey Shoot – 19th, and CZCC Thanksgiving Day Buffet – 24th.

Holiday Concert

ZAMA COMMUNITIES

& TREE LIGHTING CEREMONIES

**Music by the USART Band.*

Music Theater Workshop Camp Zama

6:30 pm
Tuesday
6 December



SHA

6 pm
Wednesday
7 December



Depot

6 pm
Thursday
8 December

US Army Garrison, Japan

FOR MORE INFORMATION, 263-3939

“See the Bugle for the advertisement”.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.



The U.S. Army Garrison Japan (USAG-J), DMWR, Marketing Branch, produces the Zama Bugle. The Marketing Branch is located in Bldg. 102, B100 (Northeast Corner) South Camp Zama, Japan

Mention of corporate names in this publication does not imply endorsement by the U.S. Army or Federal Government of the United States.

DMWR strives to provide individuals with



disabilities reasonable accommodation, and are included in all

community recreation program planning, as appropriate for the activity. For further information, please contact the activity manager on accommodations.

ZAMA Community BUGLE

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THIS MONTH'S COVER

Football Season is here and "Game Time" Sports Bar & Grill is the place where it all happens. Join us every Thursday from 1700 - 1900 for the 4th Annual CZCC Gridiron Challenge. Pick the winners of each NFL game and selected College games for a chance to win great prizes. There is no cost to play and the "Game Time" menu is full of delicious items for purchase while you make your picks. This month's cover features Randy Benton, the General Manager of the CZCC, holding a photo of Brian Reader the Week #4 winner of the NFL Challenge. Brian won a Canon All-in-One printer, 2 tickets to Tokyo Summerland, a 4-pack of Red Bull energy drink and an appetizer coupon from Outback Steakhouse. Zama is ready for some football!!! (Prizes courtesy of MWR Commercial Sponsorship.)

Photo by Mr. Richard Haun.



"See the Bugle for the advertisement".

MWR MARKETING

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046-407-4721/8994

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Fax DSN: 263-5487

Address:
The U.S. Army Garrison Japan
Unit 45006
Attn: IMPC-JA-MWN-M
APO AP 96343-5006
Official Business

Location: Camp Zama, Bldg. 102 B100 (Northeast Corner)
November Bugle Editor: Hideko McKeta

MWR MARKETING STAFF

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

Y

outh center will be closed on the following days:

11 November: Veteran's Day

24 -25 November: Thanksgiving holiday.

■ Child, Youth and School Services

• 263-4500 www.zamayouthcenter.org

HOURS OF OPERATION

| | |
|---------------------|-------------|
| Monday - Thursday | 1430 - 2000 |
| Friday | 1430 - 2200 |
| Saturday | 1300 - 2200 |
| Sunday and Holidays | Closed |

* Hours may change due to scheduled programs.

YOUTH CENTER

• Six Grade Happening

Friday, 18 November, 4 - 9 pm. Calling all Arnn and Shirley Lanham 6th graders!!! Get dressed in your best and come out and party with your

peers at our monthly "6th Grade Happening! Tons of games, food, music, sports activities, arts and crafts and more. Cost is \$2. Transportation is provided. Buses depart SHA Narita bus stop at 6:30 pm and Atsugi Theatre at 6:15 pm to the youth center. Return bus departs the youth center at 9 pm.

• Book of Records

Thursday, 17 November, 3 pm. Want to see your name in the Zama Youth Book of Records? Well, come join us at the Zama Youth Center to see if you have what it takes to set a new record shooting free throws, 3 point shooting, hula hoop spins, pogo stick jumps, fastest rubic's cube or Wii home runs. This monthly event is open to all registered members in grades 6 - 12.



Smart Girls
Smart Girls is a health, fitness, prevention / education and self-esteem enhancement program for our female club members ages 11 - 17. This program is designed to encourage healthy attitudes and lifestyles that will enable adolescent / teen girls to develop to their full potential. For more information about this program or if you are interested in becoming a volunteer, please contact Ms. Vonghom at mary.vonghom@us.army.mil.



BOYS & GIRLS CLUB

Join the club



DJ Club
Do you want to be your own boss? Do you love listening to music? Do you need to make some money? Well, the Camp Zama Teen Center has a program for YOU! This program is for registered members 7th - 12th grade. To find out more about this program, contact Mr. Dylan Black at 263-4500I.



Torch Club
A great leadership program for teens 11 - 13. Torch Club members learn to work together to plan and implement activities in four areas: service to club and community; education; health and fitness; and social recreation. Through service activities, Torch Club members identify club and community needs, develop programs and activities and actively participate in their community. Come check out Torch Club in the new school year! To find out more about this program, email quinton.smith4@us.army.mil.



Keystone Club
A great leadership program for teens 14 - 18. This program gives young people the opportunity to contribute something of value to others and to have a voice in how that contribution is made. Keystoneers plan and implement their own activities in six core areas: character and leadership, service to club and community, education and career exploration, free enterprise, unity and social recreation. Come join us for the new school year! To find out more about this program and how to get involved, email robert.chance@us.army.mil.



KEYSTONE
The Ultimate Teen Program

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

• **Tech Club and ZTN Crew**

Be a part of a youth run news show! Club members in grades 6th - 12th grade will learn how to film, edit and produce their own news show which will be shown on the youth center's website and on the MWR Channel. We're looking for youth anchors, reporters, camera persons, editors, and producers. Youth may join at anytime. Also, check out Camp Zama's Teen Tech Team! Members are involved in photo taking, manipulation, movie making, web designing, and community projects concerning technology and much, much more. To find out more about this program, contact Mr. Ervin Lawrence at ervinlawrence@us.army.mil.



PASSPORT TO MANHOOD

Passport to Manhood is a program that concentrates on specific aspects of manhood through

highly interactive activities for all club members ages 11 - 14. This program is designed to teach and promote responsibilities, reinforce positive behavior and develop character in adolescent males. For more information about this program or if you are interested in becoming a volunteer, please contact Mr. Quinton at quinton.smith4@us.army.mil.

BCCA Digital Arts Festival



Photo and Music Tech:
 Local Festival Judging Tuesday, 1 November
 Local Festival Viewing Wednesday, 2 November

Youths continue working on Movie Tech:
 Film-making and Animation

For more information, call Mr. Lawrence at 263-8573.

Native American Heritage Observance

Date: 16 November 2011
Time: 1330
Location: Camp Zama, Community Activity Center


Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

S

chool Age Care

will be closed on the following days:

11 November:
Veteran's Day
24 - 25 November:
Thanksgiving holiday

■ School Age Care • 267-6013

... SAC Program Hours ...

| | |
|---------------------------------|-----------------------------|
| Half Day School | 0530 - 0830 and 1200 - 1800 |
| No School Day | 0530 - 1800 |
| Before / After Program Hours | 0530 - 0830 and 1415 - 1800 |
| Early Release | 0530 - 0830 and 1130 - 1800 |
| Zama Drop Off and Pick up Point | 0700 - 0815 and 1715 - 1800 |

PARENT'S ADVISORY COUNCIL (PAC) MEETING

Come out and make a difference in your child's program. Every 3rd Thursday you have the opportunity to come to the Camp Zama Community Club and meet with the School

Age Director and provide your valuable input as we continue to improve our program. You can earn parent participation hours which count towards a 10% discount on your child care fees. We meet from noon - 1 pm. Below is the schedule for the remaining of the year. Hope to see you there!

Eda's: 17 November.

Garden Room: 15 December.

... SAC NOVEMBER EVENTS ...

• Thanksgiving Dinner Monday 7 1800 - 2000

■ Youth Sports and Fitness • 263-5437/4066

VOLLEYBALL / FLAG FOOTBALL / CHEERLEADING

Games are every Saturdays until 10 December.

FALL SWIM TEAM

Fall swim team sign ups are ongoing until filled. Starting this season, high school students can sign up

and earn a high school letter if they meet certain conditions established by DoDDS.

REGISTRATION

Do you want to participate in a youth sports program or clinic? It all begins with a visit to Parent Central Services located in Bldg 533, Camp Zama (behind the Exchange). They'll provide you with the appropriate registration paperwork and collect any fees necessary. Please ensure your child's sports physical is current before you register.

SPORTS PHYSICAL

AR 608-10 requires all youths participating in youth sports programs to complete annual sports physicals and provide a copy as part of their registration. All registrations are completed at the CYS Parent Central Services located in Bldg 533, Camp Zama. To help, PCS staff is making contact with Families 30 days prior to expiration of youth sports physicals to allow parents time to schedule a current youth sports physical. Please note that appointments at the BG Crawford R. Sams Clinic may be limited as a result of so many renewing their youth sports physical.

REGISTRATION

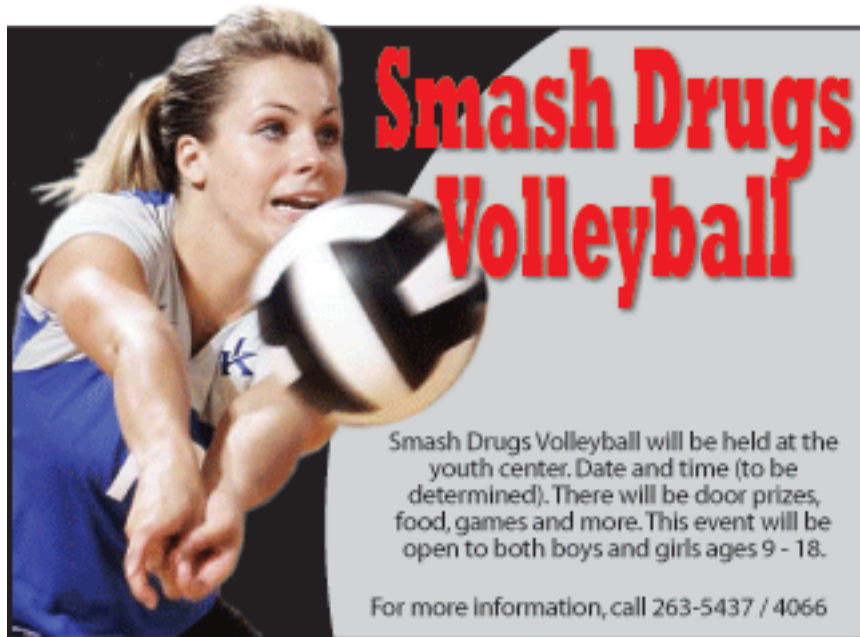
DODGEBALL

Sign-ups are 1 November - 16 December. This is a co-ed league for youths 7 - 15 years old. Practices start mid-December and games are 7 January - 4 February.

BASKETBALL

Sign-ups are 1 December - 13 January. Co-ed 5 - 6, 7 - 8, Boys 9 - 10, 11 - 12, 13 - 15, Girls 9 - 11 and 12 - 15.

For more information, 263-5437/4066



Smash Drugs Volleyball

Smash Drugs Volleyball will be held at the youth center. Date and time (to be determined). There will be door prizes, food, games and more. This event will be open to both boys and girls ages 9 - 18.

For more information, call 263-5437 / 4066

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ZAMA CHILD DEVELOPMENT CENTER, 263-4992

• Closed

- * 11 November (Veteran's Day)
- * 24 - 25 November (Thanksgiving Holiday)

• Library Time at Zama Library

Tuesday, 1 and 15 November,
9:30 - 10:30 am

• Culture Day Dress Up

Thursday, 3 November, all day

• Start Smart Program

Friday, 4 and 18, November, 9:30 -
10:30 am, Zama Youth Center

• Book Swap Day

Monday, 7 November, all day

• Field Trip (Sagamihara Park)

Tuesday, 8 November, 0930 - 1500

• Bigz and Lilz Activities (Cancelled)

Friday, 11 November, 1530 - 1630

• Field Trip (Hatori Farm)

Wednesday, 16 November,
0930 - 1500

Zama and Sagamihara Child Development Center

Army Child, Youth & School Services

Strong Beginnings

FY 2011-2012

Pre K

U.S. Army Child, Youth & School Services

| | |
|--|---|
| <p>Session Started (Monday, 12 September 2011)</p> <p>Graduation will be held in June 2012.</p> | <p>※ Closures will follow the Arnn Elementary School Calendar/CYSS Training Days</p> <p>※ A healthy nutritional snack will be provided</p> <p>※ Limited space available</p> |
|--|---|

Children must be eligible for the 2012-2013 Arnn Elementary School kindergarten class to enroll.

Please register at Parent Central Services or for more information, call 263-4743/4125.

• PAC Meeting (Brown Bag Training)

Thursday, 17 November, 11:30 am
- 12:30 pm

SHA CHILD DEVELOPMENT CENTER, 267-6348

• Closed

- * 11 November (Veteran's Day)
- * 24 - 25 November (Thanksgiving Holiday)

• Community Helper Visit Day

Every Tuesday

• My Favorite Football Team

Friday, 4 November

• Parent / Teacher Conferences

Monday, 14 November

• Thanksgiving Luncheon

Thursday, 17 November,
4:30 - 5:30 pm

• Harvest Dance

Friday, 18 November, 3 - 4 pm

“See the Bugle for the advertisement”.

“See the Bugle for the advertisement”.

Directorate of
Family & Morale, Welfare & Recreation

Thanksgiving Hours of Operations



Thanksgiving Eve
Wednesday
23 November

Thanksgiving Day
Thursday
24 November

Friday
25 November

Business Operations

1. CZCC

| | | | |
|------------------------------|---------------------------|----------------------|---------------------------|
| Cashier & Game Room | 1000 - 0100 | 1100 - 2200 | 1100 - 0300 |
| Dining Room | 1700 - 2100 | Closed | 1100 - 2100 |
| Ballroom | Normal | 1100 - 1500 (Brunch) | Normal |
| Firelite Lounge | 2000 - 0100 | Closed | 1900 - 0300 |
| Game Time Sports Bar & Grill | 1100 - 2300 | 1500 - 2200 | 1100 - 2300 |
| 2. Zama Bowling | 1100 - 2000 | 1100 - 2000 | 1100 - 2200 |
| 3. Golf Course | 0630 - 1700 | 0630 - 1700 | 0700 - 1700 |
| Pro Shop | 0630 - 1700 | 0600 - 1700 | 0630 - 1700 |
| Restaurant | 0630 - 1700 | 0600 - 1700 | 0630 - 1700 |
| 4. Hob Nob Inn | 1630 - 2300 | Closed | 1630 - 0100 |
| 5. Zama Lodging | Normal | Normal | Normal |
| 6. Sagami Lounge | 1100 - 1300 • 1700 - 2100 | Closed | 1100 - 1300 • 1700 - 2100 |
| Sagami Lounge Bar | 1630 - 2100 | Closed | 1600 - 2400 |
| Sagami Lounge Bowling | Closed | Closed | 1200 - 2000 |

Child & Youth Services

| | | | |
|-----------------------------|-------------|--------|--------|
| 1. Parents Central Services | 0800 - 1700 | Closed | Closed |
| 2. Zama Child Dev. Center | 0530 - 1800 | Closed | Closed |
| 3. SHA Child Dev. Center | 0530 - 1800 | Closed | Closed |
| 4. SHA School Age Care | 0530 - 1800 | Closed | Closed |
| 5. Youth Services | 1430 - 2000 | Closed | Closed |
| 6. Youth Sports | 0900 - 1800 | Closed | Closed |

Recreation Division

| | | | |
|---------------------------------|-------------|-------------|-------------|
| 1. Arts & Crafts Center | 1130 - 1930 | Closed | 1130 - 1930 |
| 2. Automotive Skills Center | 1130 - 2000 | Closed | 1130 - 2000 |
| 3. Community Activity Center | 0800 - 2100 | Closed | 0800 - 2100 |
| 4. Zama Library | 1000 - 2030 | Closed | 1000 - 1800 |
| 5. SHA Library | Closed | Closed | 0900 - 1800 |
| 6. Outdoor Rec. & L.T. Services | 0900 - 1730 | Closed | 0900 - 1730 |
| 7. Kennels | 1000 - 1700 | Closed | 1000 - 1700 |
| 8. Yano Fitness Center | 0530 - 2100 | 0800 - 1800 | 0530 - 2100 |
| 9. Yano Swimming Pool | 0600 - 1900 | 1000 - 1800 | 0600 - 1900 |
| 10. Depot Fitness Center | 0930 - 1830 | 0930 - 1830 | 0930 - 1830 |

Army Community Service

| | | | |
|-----------|--------|--------|-------------|
| ITTClosed | Closed | Closed | 1000 - 1800 |
|-----------|--------|--------|-------------|



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F

or detailed information for the annual Jimmie Coomer Veteran's Day Nichibei Golf Tournament on 11 November, please see page 34. For the



Turkey Shoot Tournament on 19 November, please see page 16.

JR. GOLF INSTRUCTION

with Mike Sul, PGA

Every Monday from 1600-1700
Cost: \$10

Sign-up at the Pro Shop NLT the Sunday prior (need at least two (2) students to conduct the class).

FOR MORE INFORMATION CONTACT
MICHAEL SUL AT 263-4975 OR
EMAIL MICHAEL.SUL@US.ARMY.MIL

■ Camp Zama Golf Club • 263-3694

<http://www.usarj.army.mil/information/mwr/business/golf/>

November at a Glance!

| | |
|-----------------------------------|-------------|
| Veterans Day Charity Tournament - | 11 November |
| Nichibei Friendship Tournament - | 15 November |
| Turkey Shoot Tournament - | 19 November |

Upcoming Events!

| | |
|----------------------------------|-------------|
| Payday Scramble - | 2 December |
| Nichibei Friendship Tournament - | 20 December |

TOMODACHI DAYS ARE AS FOLLOWS:

- 4 November - Friday
- 18 November - Friday
- 25 November - Friday
- 30 November - Wednesday

Your Japanese guests (max 3 guests per person) can play with you for the

PAYDAY-SCRAMBLE

Red Bull

Friday, 2 December (11 am shotgun start)

FREE! MWR is paying the \$15 entry fee and green fees for nonmembers. MLC/IHA pay ¥5,000 and JGSDF pay ¥3,000. Limited to USARJ community and their family members. Fun, food and prizes!

COMMERCIAL SPONSORSHIP and the ZAMA GOLF COURSE STAFF thank our sponsor, RED BULL, for supporting our community and this event.

low fee of ¥5,000 plus cart. This is a significant savings over the regular rate of ¥11,000. Check with starters for available tee times.

NICHIBEI FRIENDSHIP TOURNAMENT

Tuesday, 15 November, shotgun start at 9:30 am. Contact Ernie Harada at 263-4225 to sign up. Cost is \$25 for SOFA status golfers plus green fees for nonmembers

TRADE-INS

Camp Zama Golf Course announces Trade-Ins. You can trade-in your old clubs for credit when purchasing new clubs. Find out how much your clubs are worth at <http://valueguide.pga.com/>

TEE TIME INFORMATION

• Weekday tee times

Weekday tee times will be given out two weeks in advance for individual tee times, or 90 days in advance for larger groups. Requests for multiple tee times must be made in writing (or e-mail) to course management.

• Weekend / US holiday

Tee times are requested in advance using the tee time request form. Fill out the request form and drop it in the tee-time request box in the golf shop NLT 5 pm on the Tuesday prior for weekends and US holidays. Tee times will be drawn Wednesday morning and posted later that day. The priority system on the request form will be followed. You need at least 3 people to reserve a tee time on weekends / holidays.

NOTE: All golfers are asked to check-in with the starter at least 15 minutes prior to their scheduled tee time.

Gift Card

NOW AVAILABLE

The Zama Golf Club presents
Joe Golfer
with a

\$100 Gift Card

Cert# 13 Expires 09/23/11

"Looking for the perfect gift for the golfer in your family? Why not a gift card from the Camp Zama Golf Course? The cards can be used for any golf course purchase (green fees, cart fees, merchandise, food and beverage)."

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LUNCH

Monday

- 7 Roast Pork
- 14 Taco Salad
- 21 Chicken Adobo
- 28 Seafood Fried Rice

Tuesday

- 1 Hamburger Steak and Swiss Cheese w/Brown Gravy
- 8 Beef and Broccoli w/Rice
- 15 Chicken Adobo
- 22 Veggie Pasta
- 29 Garlic Shrimp Pasta

Wednesday

- 2 Chicken Apritada
- 9 Beef Mongolian
- 16 Spaghetti and Meat Balls
- 23 Cacciatore
- 30 Tonkatsu

Thursday

- 3 Fried Chicken Served w/Mashed Potato and Biscuits
- 10 Bacon Rolled Salmon
- 17 Chicken Fajitas
- 24 US Holiday

LUNCH

Friday

4, 11, 18 and 25 November, Salmon in Vodka Cream Sauce

LUNCH

Saturday and Sunday

Homemade Lasagna w/Garlic Bread and Italian Vegetables



Results of the Match Play

Joshua Friedlander (right) defeated Kevin Moffett (left) on 24 September in the finals of the 2011 Match Play (3 & 2). Each player won their 4 previous matches to get to the final.



RESULTS OF THE CLUB CHAMPIONS 2011

Left to Right: Roxanne Guerpo (Ladies Member Champion), John Kim (Men's Member Champion), Kanako Fujimoto (Ladies Open Champion) and Ernesto Malicdan (Men's Open Champion).

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T

he ultimate gift card is here! A great gift for an employee, friend or family member. It can be used for any service that CZCC offers such as food, beverages, catering and cakes! Purchase your CZCC Gift Card at the cashier's window. For more information, please call 263-4547.



■ Camp Zama Community Club

• 263-4547

FIRELITE LOUNGE

• Hip Hop Music w/DJ

On Friday Night, 4, 18 and 25 November, "Hip Hop music w/DJ" in the Firelite playing your favorite Hip Hop artist songs from 10 pm - 3 am.

• Country Music with DJ

On Saturday night, 5 and 12 November, 8 pm - 2:30 am in the Firelite Lounge, hear your favorite country artist songs. On the 2nd and 4th Wednesday, enjoy free line dance instruction from 8 - 9:30 pm.

• Main Stream Dance Music with DJ in the Firelight

Friday, 11 November, 9 pm - 3 am.

• Old School Night

Saturday, 19 November, 8 pm - 2:30 am, playing your favorite 60's, 70's, 80's and 90's artist songs.

• Latino Night

Saturday, 26 November, 9 pm - 2:30 am in the Firelite. Dance to the sounds of Latino music from the best Latino DJ's in Japan.

LUNCH

Sunday Brunch (10 am - 1:30 pm):

Adults: \$14.95

Youths 8 - 12: \$7.95

Youths 4 - 7: \$4.95

3 and under: Free

Tuesday: (Rotisserie Chicken, Katsu Don and vegetable of the day)

1 Veal Parmesan

8 Chicken Fried Steak w/Country Gravy

15 Chicken Cordon Bleu w/Demiglaze

22 Chicken Tenderloin Picata w/Red Bell Pepper Sauce

29 Beef Curry

Wednesday: (Rotisserie Chicken, Chicken Don and vegetable of the day)

2 Sauteed Pork w/Blue Cheese Cream Sauce

9 Beef Chop Chae

16 Sweet Sour Pork

23 Ton Pou Rou

30 Sauteed Pork Lemon Caper and Anchovy Sauce

Thursday: (Rotisserie Chicken and vegetable of the day)

3 • Grilled Chicken Chimichurri

• Bibinbap Don



Catering Services

The Catering Office is open Tuesday, Thursday and Friday, 9:30 am - 5:30 pm, plus it is open on Wednesdays by appointment only. For additional information and assistance, please phone 263-4204.

FREE • FREE • FREE

It's BUNCO TIME!

Gals ... and guystoo!

4 November, 6:30 pm, at CZCC Ballroom (right wing)

| CASH PRIZES | |
|-------------|------------------|
| \$100 | Most Buncos |
| \$100 | Most Mini Buncos |
| \$100 | Most Wins |
| \$100 | Most Losses |

Light snacks are available.

Participants must be 18 or older.

For more information, 263-4547

SOCIAL HOUR

COME OUT FOR CAMARADERIE AND TEAM BUILDING

FREE HORS D'OEUVRES

FRIDAYS, 5-7 PM @ FIRELITE LOUNGE

1st Friday: "Aloha Fridays"

2nd Friday: "Bring Your Boss Night"

3rd Friday: No Social Hour On Community Nights

4th Friday: Ichi Dan Night "One Team"

*** RIGHT ARM NIGHT ONCE A QUARTER**

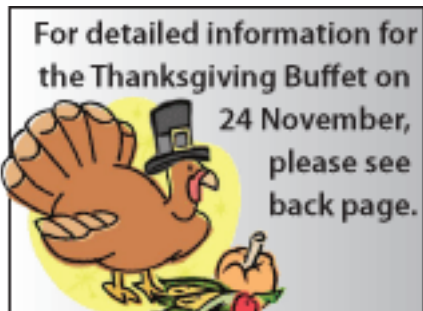
WE SUPPORT THE DESIGNATED DRIVER PROGRAM
Please contact a club employee if you need a ride home

FOR MORE INFORMATION, PLEASE CALL 263-4547
CAMP ZAMA COMMUNITY CLUB SERVING THE BEST CUSTOMERS IN THE WORLD

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

LUNCH

- 10 • Pork Chop Suey
• Baked Lasagna Casserole
- 17 • Cheese and Vegetable
Stuffed Pork and Rolls
• Caribbean Jerky Chicken
- 24 • Thanksgiving Day Buffet
- Friday "Lunch Buffet"** (soup and vegetable of the day, \$7.95)
- 4 • Chicken Enchiladas
• Beef Tacos
• Mexican Rice and Corn
• Burritos
- 11 NO LUNCH SPECIAL
Sports Bar Open
- 18 • Mini Wafu Hamburger
Steak w/Oroshi Ponzu
• Nikujaga
• White Rice
• Boiled Daikon
w/Chicken Wings
- 25 NO LUNCH SPECIAL
Sports Bar Open



CAMP ZAMA COMMUNITY CLUB

Cake Catering Service

CAKES FOR ALL OCCASIONS

TO ORDER CALL 263-4204

(TUESDAY-FRIDAY 9:30 AM-5:30 PM)

***CAKE MUST BE ORDERED 48 HOURS IN ADVANCE**

***CONTRACT REQUIRED**

DINNER MENU

Sunday (limited menu) 5 - 9 pm
"2 for 1 Steak Night"
(no take out)
Includes soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered on Sunday nights.

Monday - Closed

Tuesday (5 - 9 pm)
2 meals for \$15 and limited menu.
Theme menu, such as American, Chinese, Japanese, Korean, Mexican, Italian etc. Menu will change every week. Included w/soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered (no take out).

Wednesday (5 - 9 pm)
• Mongolian BBQ (\$0.75 oz)
• Limited menu

Reservations: Please call 263-4547 before 3 pm.

DINNER MENU

- 2 Pool Tournament
- Thursday** (5 - 9 pm)
• "All You Can Eat Pizza, Pasta, Soup and Salad Bar"
(no take out)
Adults: \$10.95
Youths 4 - 12: \$5.95
Under 3 years old: Free
• Regular menu
- 24 Thanksgiving Day Buffet
- Friday "Chef's Special"** (5 - 9 pm)
Regular Menu
- 4 Bunco Night
- 18 Community Night
- Saturday** (5 - 9 pm)
• Regular Menu
• Prime Rib Dinner
• Prime Rib and Shrimp Scampi
- 12 Texas Hold'em

Our regular menu will be offered in addition to the above specials on Saturday night.

**P
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L
TOURNAMENT**

SIGN UP
ON THE DAY OF THE EVENT

ADULTS ONLY

FOR MORE INFORMATION, PLEASE CALL 263-4547

WEDNESDAY, 2 NOVEMBER,
STARTS AT 6 PM
CZCC FIRELITE LOUNGE

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

W

e offer
various party packages
(exclusive use of all
18 lanes, birthday
package, group party
package and strike
package) and we also
have a special menu
for large parties.

■ Zama Bowling Center • 263-4780

- **King of the Hill**

Sunday, 6 November, 11 am - 6:30 pm

- **Red Pin Bowling (Veteran's Day)**

Friday, 11 November, 11 am - 8 pm.
Red Pin Bowling means if the Head Pin is RED, and you roll a strike, that game is free!

- **No Tap Tournament**

Sunday, 20 November, 1pm. Get eight or nine pins, it registers as a "STRIKE".


- **One Dollar Day (\$1 Day)**

Thanksgiving Day schedule (11 am - 8 pm). \$1.00 per game and \$1.00

for rental shoes.

- **Cosmic Bowling Party**

Saturday, 26 November, 7 - 10 pm.
Free snacks, lights, music, and a whole lot of fun. Bring your own CDs if you like.



OPEN TO MEN AND WOMEN
4 PERSON TEAM (ALL MEN, WOMEN OR MIXED)

RUNS 26 WEEKS EXCLUDING 4 HOLIDAYS
FALLING ON A MONDAY
USBC FEES (ONE TIME ANNUAL FEE) \$21
WEEKLY BOWLING FEE: \$10

LEAGUE DATES: 17 OCTOBER - 7 MAY 2012.

SIGN UP NOW AT THE
ZAMA BOWLING CENTER 263-4780

MONDAY NIGHT HANDICAP LEAGUE



YOUTH LEAGUE BOWLING PROGRAM

For youths ages 13 to 18
USBC annual fee \$8 Weekly fee \$10
Please call 263-4780

"WE NEED VOLUNTEER COACHES"

LEAGUE MEMBERS TURKEY SHOOT

ZAMA BOWLING CENTER

BOWL AND WIN \$\$\$

Entry fee is \$3 per entry

(3 GAMES MAXIMUM ON LEAGUE NIGHT.)

Every week a different strike requirement chart is posted.

The first person who gets all 9 strikes wins the "Pot of Money".

The money in the pot keeps on increasing until someone wins.

If no one wins by the end of 26 November, the "Pot of Money" will be used in the "Winter Holidays Turkey Shoot".

FOR MORE INFORMATION, PLEASE CALL 263-4780

STARTS ON 11 NOV UNTIL 26 NOV



Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

LUNCH

Monday

- 7 Catfish Sandwich
w/Fries and Coleslaw
- 14 Ham and Turkey Sandwich
w/Onion Rings
- 21 Turkey Wrap w/Avocado
and Fries
- 28 Fish (Tilapia) w/Garlic
Sauce, Fries and Green
Salad

Tuesday

- 1 Chicken Cutlet w/Rice and
Shredded Cabbage
- 8 Thai Green Curry w/Rice
- 15 BBQ Ribs w/Mashed Potatoes
and Corn on the Cobb
- 22 Rotisserie Chicken
w/Garlic Rice and Steamed
Vegetables
- 29 Turkey Stir Fry w/Rice

Wednesday

- 2 Kare Kare w/Rice and Turon
- 9 Chicken Adobo w/Rice
and Leche Flan
- 16 Pork Sinigang w/Rice
and Biko

LUNCH

- 23 Pancit Bihon w/Garlic Rice
and Fried Chicken
- 30 Bento Plate (Yakisoba,
Gyoza, Fried Rice and
Shrimp Tempura)

Thursday

- 3 Spaghetti w/Meat Sauce

LUNCH

- and Garlic Bread
- 10 Shrimp Scampi Spaghetti
w/Garlic Bread
- 17 Beef Lasagna w/Garlic Bread
- 24 Regular Menu
- Friday (No Special)
Regular Menu

ALL YOU CAN EAT PIZZA WITH BOWLING

EVERY 2ND WEDNESDAY 5-7 PM ZAMA BOWLING CENTER

All the pizza you can eat PLUS bowl 3 games (and rental shoes)!

- All You Can Eat Pizza is on **9 November**
- Enjoy our pepperoni, sausage and cheese pizza
- * Cost Adults: \$10, Youths 5-12 years: \$5, Youths 4 and below: FREE
- * Any games over the 3 free games will cost an additional \$2.25 per game
- * 2 hour limit per bowler
- * Does NOT include beverage

For more information, please call 263-4780

45% SAVINGS!



Z A M A B O W L I N G C E N T E R

CAMP ZAMA COMMUNITY CLUB

Camp Zama Community Night

The theme for November will be
"NAME THAT TUNE"



FRIDAY 18 NOVEMBER 5-8 PM
CZCC BALLROOM

Hors D'oeuvres, Prizes and Entertainment
FREE EVENT!

FOR MORE INFORMATION, PLEASE CALL 263-4547

CAMP ZAMA COMMUNITY CLUB

SATURDAY, 12 NOVEMBER, CZCC BALLROOM
GAME STARTS AT 2 PM



Tickets purchased by 8 NOV. \$40,
after 8 NOV. \$50

Includes non-alcoholic drinks and prizes
Grand prize will be based on the number of players
Sign up at the cashier's window
For more info, please call 263-4547

ADULTS ONLY!

TEXAS HOLD'EM
TOURNAMENT

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

GRIDIRON CHALLENGE

The 4th Annual "Gridiron Challenge" every Thursday, 5 - 7 pm, with the "Football Frenzy" and "College Games Challenge"



Gridiron Challenge Wk #1 Winner
Mr. Randall Baucom



Gridiron Challenge Wk #2 Winner
Mr. Ernest Tondok



Gridiron Challenge Wk #3 Winner
Mr. Lance Young



College Games Wk #2 Winner
Mr. Masaki Takashi



College Games Wk #3 Winner
Mrs. Stacey Angus



College Games Wk #4 Winner
Mr. Matthew Fellen

Come out to the Camp Zama Community Club Sports Bar every Thursday, 5 - 7 pm, for a chance to win some great prizes and to talk FOOTBALL!

Weekly prizes Door prizes

November schedule: Thursday, 3, 10 and 17 November and Wednesday, 23 November

Prizes

- Week 9: Two (2) Pro Bowl tickets (from Noram Sports) and ¥5,000 food coupon (from Outback)
- Week 10: Nintendo DS-XL and ¥3,000 food coupon (from TGI Friday's)
- Week 11: Table Top Frig (from Budweiser) and ¥3,000 food coupon (from TGI Friday's)
- Week 12: iPod Nano and portable cooler bag with wheels (from Coca-Cola)
- Week 13: Fuji digital camera and patio umbrella (from Miller Lite)
- Week 14: JVC camcorder and ¥5,000 food coupon (from Outback)
- Week 15: Wii Sports and ¥3,000 food coupon (from TGI Friday's)
- Week 16: Nintendo DS-XL and patio umbrella (from Miller Lite)
- Week 17: Panasonic video camera and ¥5,000 food coupon (from Outback)

*** NOTE: Each winner also receives a 4-pack energy sport drink (from Red Bull) and an "appetizer coupon" (from Outback Steakhouse).

For more information, please call 263-4547 / 5995.

MWR COMMERCIAL SPONSORSHIP AND THE ZAMA COMMUNITY CLUB STAFF
THANK OUR SPONSORS FOR SUPPORTING THIS MAJOR EVENT FOR OUR COMMUNITY.

Red Bull



NORAM SPORTS

WATER ADVENTURE
サマーランド



FRIDAYS

OUTBACK
STEAKHOUSE®



Budweiser

Q



富士山ハイランド

Miller Lite



富士山ハイランド

Coca-Cola



富士山ハイランド

The Budweiser and Miller Lite Companies Support "Responsible Drinking".
Sponsorship does not imply endorsement by the U.S. Government.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

TURKEY SHOOT

18 HOLE INDIVIDUAL STROKE PLAY

SATURDAY 19 NOVEMBER ZAMA GOLF CLUB TEE TIMES START AT 0630

WHO: FOR ANY AMATEUR GOLFER WITH A USGA OR JGA HANDICAP
GOLFERS WITHOUT A HANDICAP WILL PLAY AT SCRATCH
HANDICAPS WILL ONLY BE USED TO CREATE THE FLIGHTS
USGA RULES WILL BE USED

WHAT: FLIGHTS DETERMINED AFTER ENTRIES RECEIVED
THERE WILL BE GIFT CERTIFICATES AWARDED FOR THE LOW GROSS WINNERS IN EACH FLIGHT
AWARDS PRESENTATION AND THANKSGIVING LUNCH BUFFET ON SATURDAY
TURKEYS, HAM AND PIES FOR DOOR PRIZES!

FEES:

\$25-ZAMA AND TAMA HILLS CLUB MEMBERS

\$39- SOFA STATUS NON-MEMBERS

¥6,000-JGSDF (STATIONED AT ZAMA)

¥8,000-MLC/IHA/HPT (WORKING FOR USARJ)

¥15,000-ALL OTHERS

*INCLUDES CARTS AND LUNCHEON BUFFET ON SATURDAY

DEADLINE FOR ENTRY IS TUESDAY, 15 NOVEMBER AT 1700 HRS.

CHECK IN 30 MINUTES PRIOR ON 19 NOVEMBER

PLEASE CONTACT:

DALE JORGENSEN, DIRECTOR OF GOLF AT 263-3694, EMAIL AT DALE.JORGENSEN@US.ARMY.MIL

Z A M A G O L F C L U B



BIG KAHUNA

YANO FITNESS CENTER

OPEN BENCH PRESS COMPETITION

CAMP ZAMA - JAPAN

1000 • SATURDAY • 3 DECEMBER

MEN'S & WOMEN'S DIVISIONS

Weight-in 0800 - 0900

ENTRY DEADLINE
IS 0900, 3 DECEMBER.

Rules meeting 0930

*PARTICIPANTS WILL RECEIVE A
FREE "BIG KAHUNA" T-SHIRT.

*FOR MORE INFORMATION, CALL 263-4664/3954.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.



SKIES

Schools of Knowledge

SKIESUnlimited is the framework for the Army's Child, Youth and School Services (CYSS) instructional program for youth of military and schools. Children and youths may choose from several classes offered by the School of Arts, School of Sports, School of Life Skills and game rules, social etiquette and subject matter content. Camp Zama's SKIESUnlimited Program is based at the Camp Zama Youth Center.



TAEKWONDO

With Master Kang and SenseiTakeo

Mondays & Thursdays
1730 - 1900

Ages 5 - 18
Cost ¥5,000 per month

In this class your child will learn not only physical training and discipline but mental training as well. Available to both youths and adults, this class embraces a family friendly atmosphere with safety being a top priority.

Hip Hop Class

Want to join a dance crew? Well, don't stop, get into Hip Hop and join the new SKIESUnlimited Hip Hop Class. Krumpin, Poppin, Breaking and more.

Instructor: Emi Uchimura of Dance Group "B-JEWEL"

Tuesdays (4 classes per month)

| | | |
|----------------------------|-------------|--------|
| Teen Squad (ages 12 - 18): | 1500 - 1600 | ¥6,000 |
| Jr. Squad (ages 9 - 11): | 1615 - 1715 | ¥6,000 |
| "Shorty Z" (ages 5 - 8): | 1730 - 1815 | ¥5,000 |



• **Registration** for classes are 2 weeks prior to the 1st of the month (all new students begin the 1st week of each month; if you register on or after the 1st of the month you will have to wait until the next month to begin classes). * Please call for class availability.

Unlimited

Age, Inspiration, Exploration & Skills

and DoD civilians. Classes are designed to compliment and support the experiences children and youths have in Army CYSS and in School of Academic Skills. Instructional programs teach children discipline, problem solving, decision making, conflict resolution, and more.

Ballet & Dance

With Ms. Minori

Schedules and Pricing

Wednesdays

| | | |
|---------------------|-------------|------|
| Intermediate Ballet | 1500 - 1630 | \$60 |
| Pre-Elementary | 1630 - 1715 | \$60 |
| Elementary Ballet | 1720 - 1830 | \$60 |

Thursdays

| | | |
|--------------------|-------------|------|
| Pre-K Ballet | 1515 - 1600 | \$40 |
| Contemporary Dance | 1600 - 1730 | \$60 |



PIANO & VIOLIN LESSONS

Whether you are a novice or an expert, our piano lessons will suit any skill level. When your child registers our instructors will do an assessment of skills and place them in the appropriate level that will maximize their ability.

Piano Lessons (Ms. Miho)

Monday or Friday
1500 - 2000

Piano Lessons (Ms. Sekita)

Tuesday or Wednesday
1500 - 2000

Violin Lessons (Ms. Megumi)

Tuesday
1500 - 2000

- Ages 5 - 18
- Cost ¥7,000 (4 classes per month - 30 minutes one on one sessions)

"Family and MWR Employee of the Quarter"

Mr. Nicholas Andrews was chosen Family and MWR Employee of the Quarter, April - June 2011, and presented a certificate of appreciation by Mr. Jeffrey Wertz, Family and MWR Director, at the CYSS Training Day held 2 September in the Community Activity Center.

Nicholas joined CYSS in 2004 as a recreation assistant and was assigned to various positions within CYSS before becoming the CYSS Instructional Programs Specialist responsible for SKIES in December, 2010.

When asked about his career with Family and MWR he said, "I really enjoy the job. Working with kids is great. I've done a lot and learned a lot from a lot of different people in CYSS."

As far as taking care of his customers, the children and parents of our community, he said, "It's a small base but it's kind of like family because of that, and everyone helps everybody out. There's a sense of home here even though we are overseas."



* Payments are made in US dollars with the current exchange rate • For more information, 263-5441.

Z A M A I T T

Winter Escapade Tours



Angkor Wat & Hanoi



Vietnam (Ha Long Bay)

- * Angkor Wat & Hanoi: December 17-24
- * Around Taiwan: December 17-24
- * Cairns: December 16-23
- * India: December 18-24
- * Phuket: December 16-22
- * Vietnam: December 17-26

63rd Sapporo Snow Festival

- * Pre Snow Festival Tour: February 4-6, 2012 Individual Arrangement
- * Snow Festival Tour: February 5-7, 2012 Free Plan Available.



CALL ZAMA ITT OR CHECK OUR WEBSITE FOR MORE INFORMATION



• Military PHONE : 263-5273
263-4059

• E-Mail

: travel@zamaitt.com

• Commercial PHONE : (046) 254-8896

• Commercial FAX : (046) 255-0356

• Website

: http://zamaitt.com



WE ARE NOW ON FACEBOOK AT

<http://www.facebook.com/pages/zama-itt-international-tours-office/224117894269665>

CAMP ZAMA COMMUNITY

BAZAAR

There will be drawings for prizes donated by vendors, Saturday & Sunday

AT THE CAMP ZAMA COMMUNITY CLUB

DECEMBER 2011

**SAT
3**

9 AM - 5 PM

**SUN
4**

10 AM - 4 PM

Zama ITT

Tour & Travel

information will be available

For more information: ☎ 263-5273/4059



For more information : ☎ 263-5316

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

LUNCHES

MONDAY

- 7 CLOSED
- 14 Chicken Cutlet
(Sagami Lounge Special)
- 21 Teriyaki Hamburger Steak
- 28 Grilled Chicken
w/Garlic Sauce

TUESDAY

- 1 Mixed Grilled Plate
- 8 Chicken Karaage
w/Ankake
- 15 Steak Don
- 22 Spaghetti w/Meat Sauce
and Pork Cutlet
- 29 Fried Shrimp Curry

WEDNESDAY

- 2 Seafood Pilaf and Teriyaki
Chicken
- 9 Pork Ginger and Karaage
- 16 Hamburger Gratin
- 23 Lasagna w/Garlic Bread
- 30 Chicken and Vegetable
Tempura Don

THURSDAY (All-U-Can Eat)

LUNCHES

- 3 Italian Buffet
- 10 Mexican Buffet
- 17 Oriental Buffet
- 24 Closed

FRIDAY

- 4 Shrimp Pilaf and Salmon
Saute w/Soy Butter Sauce
- 11 Closed
- 18 Seafood Platter
- 25 Sweet and Sour Pork
Gyoza

DINNER SPECIALS

TUESDAY NIGHT (LIMITED MENU/DINNER SPECIAL - \$8.50)

- 1 Chinese Dinner
- 8 Mexican Dinner
- 15 Pizza and Pasta Dinner
- 22 Regular Menu
- 29 Regular Menu

WEDNESDAY NIGHT

Family night movies for adults and youths 2, 9, 16, 23 and 30 Novem-

DINNER SPECIALS

ber. Regular dinner menu; choose your discount.

THURSDAY NIGHT

(CHEF'S SPECIAL DINNER)

- 3 Italian Dinner (\$15.95)
- 10 French Dinner (\$15.95)
- 17 Prime Rib Dinner (\$20)
- 24 Closed

FRIDAY NIGHT

Mongolian BBQ on 18 November; enjoy the best Mongolian BBQ in town!!! Also, on 4 and 25 November we offer the regular dinner menu.

SATURDAY NIGHT

5, 12, 19 and 26 November, regular menu.



A rmy Family
Action Plan (AFAP),
263-HELP (4357). "AFAP
is a year round process".
To submit an AFAP
issue, log onto www.
myarmyonesource.com.
Visit the Family Programs
tab to submit an issue.
Issues can be submitted
anonymously.

■ Army Community Service • 263-8327

RELOCATION READINESS PROGRAM, 263-HELP (4357)

- **Adult Evening English Class**
 Every Wednesday, 5:50 - 7 pm. No pre-registration necessary.
- **Japanese Culture and Language Class**
 Every Wednesday, advanced class, 10 - 11 am; beginner class, 11 am - noon, at ACS Outreach Room, Bldg 402. No pre-registration required.
- **Business Japanese Class**
 Every Wednesday, 5 - 6 pm, ACS Community Room, Bldg 402. Pre-registration required.

NOTE: Attendance at all sessions is preferred but not mandatory, (please attend as your schedule permits).

MOBILIZATION AND DEPLOYMENT PROGRAMS, 263-HELP (4357)

Please contact Mr. Gary R. Woods at 263-8089 to schedule your unit Pre/Post Deployment Readiness Training, Reunion Briefing, Family Readiness Group (FRG) Training, and Rear Detachment Commanders (RDC) Training. Free child care is provided by CYS during official FRG functions (advance coordination is required).

• **Pre/Post deployment Support and Operation R.E.A.D.Y. Training**

This training is designed to assist all mobilizing, deploying, and re-deploying Soldiers, DoD civilians, and their Families prepare for a less stressful and more successful deployment. Sessions are conducted every Thursday of each month 1:30 - 4 pm at ACS, Bldg 402, in the Outreach Room.

LOAN CLOSET

Army Community Service

Monday, Wednesday & Friday:

1 - 4 pm, at

ACS, Bldg 402

FOR DETAILED INFORMATION, CALL 263-4357

NEWCOMERS ORIENTATION

NEWCOMERS ORIENTATION PART I: Wednesday, 16 November, 8 am - 4:30 pm, Camp Zama Community Club (right wing). Welcome by the Command Group and overview of different programs and services presented by various representatives. "Taste of Japan" luncheon provided at Camp Zama Community Club, left wing, sponsored by KDDI. The orientation is mandatory for military and civilian personnel. Adult Family members may also attend. Free hourly child care available for attendees. Please contact Zama CDC 263-4992 or SHA CDC 267-6564 for reservations.

NEWCOMERS ORIENTATION PART II:

Thursday, 17 November, 8 - 11:30 am, Camp Zama Community Club (right wing). Continued overview of services and programs available at Camp Zama including medical and dental information. Attendance is mandatory for military and civilian personnel in order to receive a permanent SOFA Status driver's license. Adult Family members may also attend. Free hourly child care available for attendees. Please contact Zama CDC 263-4992 or SHA CDC 267-6564 for reservations.

For information, contact ACS at 263-8091.



MWR COMMERCIAL SPONSORSHIP and the **ACS STAFF**
 thank our sponsor, **KDDI**, for supporting the Newcomer's Orientation Program and the Zama community.



Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

• **Deployed Spouse Program**

If your spouse is deployed, then ACS is looking for you! Please visit us to learn more about our Deployed Spouse Program and sign up for your membership card; this card will provide discounts throughout various MWR facilities.

AER/FINANCIAL/EMPLOYMENT, 263-HELP (4357)

The ACS Financial Readiness Program offers a variety of services such as finance education, budget assistance and personalized budget counseling, plus a host of many other financial related programs. This program was created to enhance and maintain mission readiness and quality of life by providing Soldiers and their Family members a ready-made program to help achieve personal financial readiness through the

use of sound money management. Units and FRGs may request classes; request by email: mark.daybell@us.army.mil two weeks in advance minimum. For more information, contact 263-8091.

• **Scheduled Financial Classes:**

All classes are held at ACS, 1:30 - 3:30 pm:

- * Budget
Monday 7, 14 November
- * Banking
Tuesday 1, 8 November
- * Debt Management
Wednesday 2, 9 November
- * Investment TSP
Thursday 3, 10 November

First Term Soldiers on their initial duty shall complete all four classes during in-processing to meet the requirement of the mandatory 8 hour Financial Readiness Training requirement per AR608-1 DoDI 1342.27.

DoD
Safe Helpline
Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

After a sexual assault you may want expert advice from a real person, not a machine.

Contact Safe Helpline to connect with a trained professional and get needed support



Click

www.SafeHelpline.org



Call

877-995-5247



Text*

55-247 (INSIDE THE U.S.)
202-470-5546 (OUTSIDE THE U.S.)

*Test your location for the nearest SARC.

Family Advocacy Program

Department of the Army policy is to prevent spouse and child abuse, to protect those who are victims of abuse, to treat those affected by abuse, and ensure personnel are professionally trained to intervene in abuse cases. Since many incidents of abuse constitute violations of the law, DA policy also recognizes the commander's authority to take disciplinary or administrative action in appropriate cases. The Family Advocacy Program at Army Community Service provides a wide range of services that strengthens Families and enhances relationships. We believe that these services help support our Soldiers, their Families, and the Army mission. For more information about Family Advocacy Programs or to schedule a class or briefing, contact 263-4782 / 4853. The Reporting Point of Contact (RPOC) for all suspected child or spouse abuse is the Military Police (MP) at 263-3002.

• **Sexual Assault Prevention and Response Program (SAPRP)** - Hot line from a DSN: 882# or 090-9395-8909. This is a commander's program designed to help prevent sexual assault through increased awareness and training and to provide information and resources if sexual assault occurs. An individual who has been sexually assaulted may report the incident in a restricted or unrestricted manner. To make a restricted report, contact a medical provider, chaplain, the Sexual Assault Response Coordinator (SARC) at 263-4782 / 4853 or your Unit Victim Advocate. To make an unrestricted report, contact the Military Police at 263-3002, the chain of command, or the SARC at 263-4782 / 4853 or 090-9395-8909.

• **Safe Helpline** - Safe Helpline provides three ways for DoD community members affected by sexual assault to get help. These services are anonymous, secure, an available 24/7 worldwide --providing victims with the help they need, anytime, anywhere. The Online helpline provides confidential crisis intervention, support and information to service members of the DoD community who have been sexually assaulted. In addition to providing help online, Safe-Helpline is also available by phone worldwide: 877-995-5247. The phone number is the same inside the US or via the Defense Switched Network (DSN). DSN users can dial US toll-free numbers by simply dialing 94 + the 10-digit toll-free number. Do you want to contact the Sexual Assault Response Coordinator (SARC) on your installation or base? Just text your zip code or installation or base name to: 55-247 (inside the US) 202-470-5546 (outside the US).

• **Victim Advocacy**: Victim Advocacy is a free service for all personnel in the military community. The Victim Advocate for Camp Zama is located in Building #402 with Army Community Service. Victims are encouraged to come and speak with a trained Victim Advocate and inquire about available services. The Victim Advocate works with those who have been a victim of domestic violence or sexual assault. Reports of Domestic Violence (DV) may be made on a restricted or unrestricted basis. To file a restricted report related to a domestic abuse incident, a victim may also report to a health care provider or the Victim Advocate supervisor in order to access medical care or other supportive services including referral to service providers, advice, or safety planning. Information provided in a restricted report will not be disclosed to command or to law enforcement. For additional information about domestic violence restricted and unrestricted reporting, please contact Family Advocacy at 263-4782 / 4853, or 080-5968-3188.



Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

• AER Emergency Leave

The primary funding for travel to a gateway city by service members and command sponsored Family members is handled by the Military Personnel Division. AER assists with travel from the gateway and to and from the leave site.

• Employment Readiness

Provides assistance with resumes and job search by appointment. The following classes are offered by the Employment Readiness Program Manager:

- * Resume and Cover Letters
- * Interview Techniques and Dressing for Success

Friday afternoons, 1:30 - 3:30 pm at ACS.

Please contact Mark Daybell at 263-8091 or email mark.daybell@us.army.mil for additional information and advance registration.

COMMUNITY LIFE OFFICE, 263-HELP (4357)

• Army Volunteer Corps (AVC)


Would you like to learn new skills, meet new people and explore new

NPSP

New Parent Support Program- 263-4572.

The NPSP, a division of the Family Advocacy Program, specializes in assisting and offering services to new and expecting parents.

- **Play Morning** is an interactive play group for parents and children aged birth to 6 years. Held Tuesdays, 9:30 - 11 am at Zama Chapel, Bldg 502, and every 2nd, 3rd, and 4th Thursday, 10 - 11:30 am, at EDIS (Ann Elementary School).
- **Baby Love Seminar** for this month will be EFMP Support Group, Zama Chapel on 15 November during Play Morning session at Zama Chapel from 10:15 am and 17 November at EDIS (Ann Elementary) from 10:15 am.
- **NPSP Orientation:** Available after Play Morning sessions or by request.
- **NPSP Workshop:** "Tips on Shopping with Young Children", at ACS Outreach Room, 9 November, 1:30 pm.
- **Breast Feeding Support Group Meeting** held 3 November, 9:30 - 10:30 am at ACS and 21 November, 9:30 - 10:30 am at SHA CDC.
- **"Baby Bundles"** Information and supplies for new and expectant parents are available and electric breast pumps are available by calling 263-5084 or you may email: shirley.kusokoman@us.army.mil for more details.



career fields? Would you like to make a difference? Call your Community Life Officer at 263-8087.

• Army Family Team Building (AFTB), 263-HELP (4357)

The Key to your Army Journey and Passport to Power!

Did you know that you could earn promotion points from AFTB

classes? If you are a Soldier (SGT or below) and need promotion points, AFTB is for you. Come join us for our next AFTB Class!

INFORMATION AND REFERRAL, 263-HELP (4357)

I and R provides maps and directions to the local area and for military in-

Volunteer Positions

ACS is an awesome place to work, an even better place to Volunteer!! Visit www.myarmyonesource to see what volunteer positions are available.

Community Mayors (Camp Zama, and Off-Post Mayors needed)

Assist the Housing Office with the Quarters Beautification and Holiday Home and Card Decorating Program; assist with distribution of community publications and publicity of community events, attend monthly Community Information Exchange (CIE); be the positive eyes, ears and voice of your designated community area. (This is a volunteer position).

ACS / Army Family Team Building (AFTB) Master Trainer

Mentors, trains, guides, and supports AFTB volunteers. Serves on the advisory / steering council and is a positive spokesperson for ACS and AFTB. (This is a volunteer position).

Exceptional Family Member Program (EFMP), 263-HELP (4357)

WORKSHOP

- **Monthly Autism Support Group Meets:** 21 November, 4:30 - 5:30 at ACS
- **"EFMP Social Services"** 28 November, noon - 1 pm, at ACS.



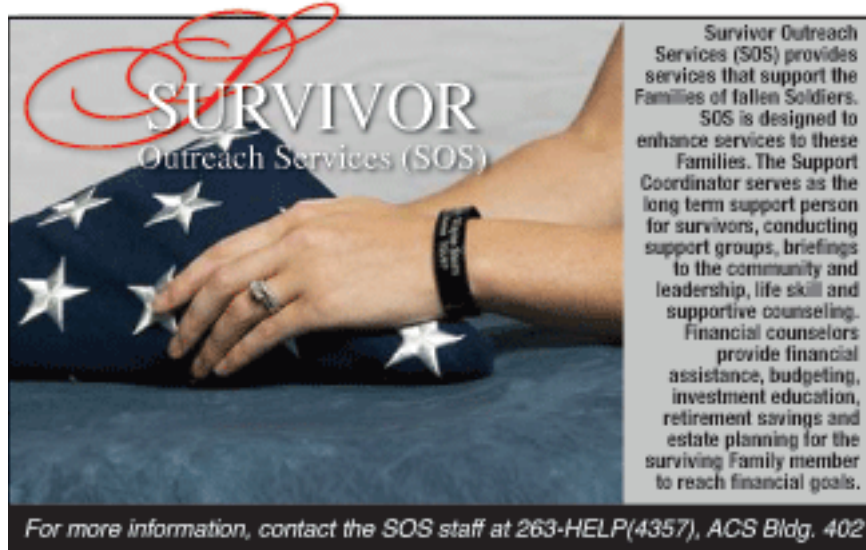
The Camp Zama Exceptional Family Member Program (EFMP) is a mandatory enrollment program for active duty Soldiers with Family members with special needs. It is important for spouses to enroll their Family members to ensure their Family members receive the best possible care at their existing and future duty assignments. If you are currently enrolled in EFMP keep in mind your file must be reviewed every 3 years or upon a change in condition of the Family member, whichever comes first. Soldiers just arriving at Camp Zama and the sponsor of an Exceptional Family Member must in-process with the EFMP Coordinator. Come out and network with other parents when you join the EFMP Parent Support Group which meets every 3rd Tuesday of each month at ACS from noon - 1 pm.

The Army offers EFMP Respite Care for Families that have one or more members with Moderate to severe special needs. Respite Care provides an opportunity for the Family member caregiver to take time away from care responsibilities to meet personal or other Family obligations. Please contact Cheryl Randon, ACS EFMP Coordinator at 263-4572 for more information.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

stallations throughout Japan, as well as resource information on public, private and voluntary agencies at Camp Zama and tourist information for the local Japanese economy. Resource information can be accessed using CAC readers at <https://intranet.zama.army.mil>. After: 4:30 pm and on

weekends, maps and directions can also be found on www.mwrjapan.army.mil under "Army Community Service". Other services include: confidential client intakes, crisis intervention, referral to other programs and assistance for Japanese school registration and parent meetings.



SURVIVOR
Outreach Services (SOS)

Survivor Outreach Services (SOS) provides services that support the Families of fallen Soldiers. SOS is designed to enhance services to these Families. The Support Coordinator serves as the long term support person for survivors, conducting support groups, briefings to the community and leadership, life skill and supportive counseling. Financial counselors provide financial assistance, budgeting, investment education, retirement savings and estate planning for the surviving Family member to reach financial goals.

For more information, contact the SOS staff at 263-HELP(4357), ACS Bldg. 402



**Remembering the Fallen
Honoring their Survivors**

GOLD STAR PINS SIGNIFY THE ULTIMATE SACRIFICE MADE BY OUR SOLDIERS AND THEIR FAMILIES.

The Gold Star Lapel Pin, a gold star on a purple circular background, is presented to widows, widowers, parents and next of kin of United States Armed Forces members killed in combat operations.

The Next of Kin Lapel Pin, a gold star on a gold background, is presented to the immediate Family of United States Armed Forces members who die in service outside of a combat theater of operations.

The Gold Star Service Flag is displayed in memory of those who paid the ultimate sacrifice.

Survivor Outreach Services is an ARMY FAMILY COVENANT COMMITMENT: Keeping the Promise

Paid Advertisements

“See the Bugle for the advertisement”.

F

or detailed information for the Big Kahuna Bench Press Competition on 3 December, please see page 16.



■ Sports, Fitness and Aquatics

263-3954 / 4664

... ATTENTION CUSTOMERS ...

The Yano Fitness Center will be closed on Saturday, 5 November, for the JGSDF Foundation Ceremony. The Yano parking lot will also be closed 5 November. Normal operations for the fitness center and parking lot should resume at about 1500 on 5 November. For more information, please call 263-3954/4042.

SPORTS (263-7980)

• Zama Book of Records

Every third Saturday of the month (19 November) at the Yano Fitness Center. All events have a female and male division. Events include: free-throws, 3-point shoot out, bench-press, swim fastest lap, 50 meter kick board, football throw (accuracy), and 40 yard dash. Call the Yano Fitness Center at 263-4664

for specific event times. It is fun; challenge yourself, enjoy fortune and fame as monthly winners are recognized on the Yano bulletin board. End of the year winners will get a chance to win fabulous prizes, as well as notoriety as their record and picture will grace the glossy Zama Book of Records. "You too can become a living legend".

FITNESS (263-5656)

• Super Circuit Class (Free)

Monday, Wednesday: 1200 - 1230
Friday: 1730 - 1800

• Personal Training Program Consultations (Free)

Limited days and times by appointment only. Consultations are Tuesdays 0900 - 1130 and Wednesdays 1400 - 1630.

• Hit and Core:

Tuesdays, 1200 - 1245

• Yoga:

Thursdays, 1200 - 1245

• Step / Abs

Monday, 1700 - 1830

• Tight-n-Tone Body Conditioning

Wednesday 1730 - 1830

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

NOTE: All fitness classes / services are subject to change. Please see the monthly flier for accurate times.

AQUATICS (263-3348)

• Water Aerobics at Yano Fitness Center

- * Mondays, Wednesdays and Fridays: 0900 - 1000
- * Tuesdays and Thursdays: 1730 - 1830
- * Wednesday: 1800 - 1900

For flyer for specific details and cost.

• Jacuzzi, Steam Room, Sauna

The jacuzzi, steam room and sauna are co-ed at the Yano Fitness Center. On Wednesday mornings, the jacuzzi, sauna, and steam room are closed for maintenance from 0800 - 1200.

• Training Reservations for Swimming Pool

If you are considering utilizing Yano Pool for unit PT, water survival training, or any other structured training program, submit a "Pool Training Reservation Request" to the front desk at Yano Fitness Center. For reservations, submit the reservation request no less than



YANO FITNESS CENTER
MEN & WOMEN SINGLES BADMINTON TOURNAMENT
9 AM • 26 NOVEMBER

- Register by 9 pm, Friday, 25 November!
- This event is FREE.
- For more information, please call 263-4664.

three (3) weeks in advance. Forms can be e-mailed upon request.

• Age Policy for Swimming Pool

Children 12 years of age and below are not permitted in the pool unless accompanied by and under the direct supervision of a parent or adult guardian. Children 13 and older have access to the pools without parental supervision. Exception: Children participating in special programs organized and conducted by Aquatics, CYs, the schools, or other authorized youth

organizations may participate under designated adult supervision.

• Solarium Reservations

If you are considering a party in the Solarium, please submit a "Solarium Reservation Request" to the front desk at Yano Fitness Center. Forms are available at Yano Fitness Center. Forms can be e-mailed to you upon request.

SERVICES AND CONTRACTORS (263-4664)

Yano Fitness Center is seeking



FALL Learn-to-Swim
Something for Everyone!

U.S. ARMY MWR

- Continues through December.
- Youth & Adult classes offered.
- Registration at Yano Fitness Center.
- See flyer for specific details: (locations, dates, times, levels offered, etc.)
- Some dates may change or vary.

*For more information, please call 263-4664/5656.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

interested applicants for contracting in the following areas: Massage therapist, aerobics, martial arts, fitness trainers, Zumba, Tai Chi, yoga and other group exercises. For more information, call 263-3954/4042.

• Tanning Booth

Yano Fitness Center has two tanning booths hours:

Monday - Friday: 0530 - 2025

Weekends: 0800 - 1725

Purchase a one session card for \$2.50, ten sessions for \$20 and twenty sessions for \$35. Must be 18 years old.

• Massage Cancellation Policy:

Must be made 24 hours in advance from the time the original appointment was made. Please be sure to ask the staff for information regarding this policy.

• Aqua Massage

Yano Fitness Center offers Aqua Massage, \$5 for 15 minutes. Must be 18 years old.

• Yukari's Soft-Chiropractic Massage

Japanese "Physiotherapy with Yukari" is available on Fridays, 1730 - 2100 (first appointment at 1730 and the last appointment



Got Japan!

What is it?
"Swim Around Japan" Challenge participants will swim laps according to the distance around Japan (34,000 km). After registering with one of the Aquatics staff, each of the participants laps will be officially logged (by a staff member). Receive an event T-shirt when you've finished the challenge!

Swim Around Japan Challenge
* For more information, please call 263-4664/3348.

at 2000), and on Sundays, 1200 - 1800 (first appointment at 1200 and the last appointment at 1700). Call the front desk at 263-4664/3954 for additional information. The cost is 30 minutes for \$45, 45 minutes for \$55 and 60 minutes for \$70 (you must be at least age 21).

• **Tai Chi** (Chinese breathing exercise) and Kung Fu fitness every Monday at 1845.

One session: \$6

4 sessions: \$20

• **Martial Arts (Taekwondo Classes)**

* Instructor: Kang Hyum Soon

Monday and Thursday:

Ages 4 to adult: 1730 - 1900

Cost: \$56.20 per month (depending on yen rate)

NOTE: All Taekwondo participants 18 years of age and older pay at the Yano Fitness Center issue counter. All participants ages 17 and under pay at Parent Central Services, Bldg 533.

• **Brazilian Jujitsu** (Instruction and Training)

* Instructor: Paul Everson

Monday and Wednesday (ages 18 and older): 1645 - 1900

Cost: Free (all levels welcome).



300/150 CLUB

300 Pound Club members must complete a one successful repetition bench pressing 300 or more pounds.

NEW 150 Pound Club (women) members must complete a one successful repetition bench pressing 150 or more pounds.

1000/500 CLUB

1000 Pound Club members will have 15 minutes to complete one successful one lift repetition of bench-press, squat and dead lift. The combined total of the lifts must be 1000 or more pounds.

NEW 500 Pound Club (women) members will have 15 minutes to complete one successful one lift repetition of bench-press, squat and dead lift. The combined total of the lifts must be 1000 or more pounds.

Become a member of either "ELITE" club(s) and have your name enscribed on the Yano Fitness Center plaques. Events will be held every 4th Saturday at the Yano Fitness Center from 1000 - 1500.

**For more information, please call 263-4664.*

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

■ Paid Advertisements • 263-8994

R

ed
**Tag Sale. A variety
of craft supplies
are on sale now
starting from \$1.**



■ Arts and Crafts • 263-4412

HOURS OF OPERATION

Monday - Tuesday: Closed
Wednesday - Friday: 1130 - 1930
Saturday - Sunday: 1000 - 1800

CLASSES

- **Silk Screen Work Shop**
\$15 for a class, includes one free t-shirt (appointment only).
- **Wood Shop Orientation for DA 3031.**
Saturdays: 10 am, no fee.
- **Frame Shop Orientation**
2nd and 4th Thursday, 5 pm,
\$10 a class; supplies are included.
Advance and refresher classes are
conducted upon request, \$10 a class,
supplies are not included.

- **Washi-Paper Craft Workshop**
\$10 a class; supplies are available at
the sales store (by appointment)
- **Shodo** (Japanese calligraphy class),
Wednesday, 4 pm, \$10 for a class;
includes all supplies.

NOTE: All classes require ad-
vance registration. Schedules are
subject to change.

... WANTED ...

Zama Arts and Crafts Center is now
looking for instructors in the
following areas: water color paint,
Tole paint (acrylic paint), washi
paper craft, digital photograph,
pottery, balloon art, scrapbook,
sawing and color pencil drawing.

Christmas
ARTS & CRAFTS CENTER
IKEBANA
This class is FREE!
*Must register in advance
at the Arts & Crafts Center.
*Register by
Sunday, 27 November!
*"Making Christmas Decorations
with our Ikebana Instructor"*
4 - 5 PM
THURSDAY, 8 DECEMBER
*For more information, please call 263-4412.

■ Community Libraries • 263-3517

<http://www.usarj.army.mil/information/zama/mwr/library/index.htm>

NEW MCNAUGHTON BOOKS

- Before I Go to Sleep by Watson, S. J.
- Dance With Dragons by Martin, George R. R. (Best Seller)
- Happy Birthday by Steel, Danielle (Best Seller)
- Of Thee I Zing by Ingraham, Laura
- Portrait of a Spy by Silva, Daniel (Best Seller)
- Quinn by Johansen, Iris (Best Seller)

- Robert Ludlum's the Bourne Dominion by Lustbader, Eric (Best Seller)
- Split Second by Coulter, Catherine
- Then Came You by Weiner, Jennifer

NEW BLU-RAY DVDS

- Bridesmaids
- Citizen Kane
- Das Boot
- Dumbo

- The Green Lantern
- The Lion King
- Meek's Cutoff
- Once Upon a Time in the West
- Pirates of the Caribbean: On to Stranger Tides
- Transformers: Dark of the Moon

ON-LINE CATALOG

- Search our collection from home or work at: <http://yoko.sirsidynix.net.au/uhtbin/webzama>.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

■ Outdoor Recreation • 263-4671

TOURS AND EVENTS

- **Tokyo Asakusa Jidai Festival**
Thursday, 3 November,
0930 - 1930
- **Nishizawa Gorge Hiking**
Saturday, 5 November,
0500 - 2030
- **Izu Fun Dive (Cancelled)**
Saturday, 5 November,
0600 - 1900
- **Ueno Zoo**
Saturday, 5 November,
0900 - 1730
- **Mashiko Pottery Festival**
Sunday, 6 November, 0500 - 2100
- **Overnight Fishing (Blue Fine Tuna)**
Friday - Saturday, 11 - 12 November,
1200 - 2100

- **Fuji Q Highland**
Friday, 11 November, 0730 - 1900
- **Matsumoto Castle and Zenkoji Temple**
Saturday, 12 November,
0400 - 2130
- **Lunch Buffet at Shinjuku Prince Hotel and Fire Fighters Museum**
Sunday, 13 November,
0930 - 1700
- **Take Beautiful Photos of Mt. Fuji**
Sunday, 13 November,
0600 - 2030
- **Fishing Derby**
Saturday, 19 November, 0900 - 1130
- **Mother's Farm**
Saturday, 19 November,
0730 - 1730

- **One Day Sushi Making Class**
Sunday, 20 November,
1245 - 2045
- **Hiroshima Overnight**
Thursday - Saturday, 24 - 26
November, 0400 - 2330
- **Tokyo Disneyland**
Thursday, 24 November,
0700 - 2300
- **Saitama Mitsui Outlet Park**
Friday, 25 November, 0830 - 1730
- **Flea Market at Oikeibajo**
Saturday, 26 November,
0830 - 1700
- **Yokosuka Navy Exchange Christmas Shopping**
Sunday, 27 November,
0830 - 1630



■ Community Activity Center • 263-3939/5712/8892

UPCOMING EVENTS

- **AFC Handshake Tour**
(Florida Marlins Major League Baseball Player)
4 December, place and time TBA.

CLASSES

- **Ballroom Dance Class**
* Tuesday, 1730 - 1825
Intermediate class, (four classes
for ¥6,000) for 50 minutes

- Advance Class, (four classes for
¥4,000) for 50 minutes
* Thursday, 1730 - 1825
Beginning Class, (four classes for
¥4,000) for 50 minutes

COMMUNITY ACTIVITY CENTER

Disney's

Alice in Wonderland JR.

Tamagawa University
E.T.C. Performance

(This is a performance done by Japanese college students in English)

Music Arrangements
by
Bryan Louiselle

Book Arrangements & Additional Lyrics
by
David Simpatico

*Based on the 1951 Disney film.

26 & 27 November
Doors Open: 4:30 pm
Show Starts: 5 pm

*FREE ticket available at the CAC. For more information, please call 263-3939.

Interactive Customer Evaluation

ICE

We are listening!
Good or Bad, we'd like to know!

Make your input online
at the US Army
Garrison, Japan ICE
site and enter to win a
prize! Drawing held at
the monthly
Community Night.

Please give us your
ADVICE
Interactive Customer Evaluation

<http://ice.disa.mil/index.cfm>

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

W

e have some used parts for sale: 6x9 speaker, CD player, safety flares, various aluminum rims and beginner driver (Wakaba) magnet. We also have used tires; just stop by with your car and see if they are on the rack.

■ Automotive Skills Center • 263-3615

TIP

When you park your car, whether it is front parking, back parking or even parallel parking, refrain from hitting the curb with the tire. Each time the wheel "hits" the curb there is a very good chance of not only damaging the tire but also the wheel and causes the alignment to be off. If the wheels are out of alignment then the tires will wear quicker.

HOURS OF OPERATION:

Monday and Tuesday: CLOSED
Wednesday - Friday:
1130 - 2000
Saturday and Sunday:
0930 - 1800

PLEASE NOTE:

• All work areas must be clean and checked-out tools turned in by close of business.

SAFETY ORIENTATION

DA-3031-1 Qualifications Card to use the automotive skills center is issued after a safety orientation given

every day 15 minutes after opening and whenever time is available. This briefing is required before facility use and takes about 45 minutes.

SERVICES

• Engine Flush and Fuel System Cleaning

We offer a service of internal engine cleaning and fuel line cleaning for most vehicles and each service is only \$59.95. Engine flush requires the customer to purchase oil and an oil filter. Appointments must be made for both services.

• Towing Service and Roadside Assistance

We offer a towing service and roadside assistance Wednesday - Sunday during the open hours of the Auto Skills Center.

• Vehicle Detailing

Our detailing service consists of a basic wash and wax of the outside only with tire waxing included. If you want the interior cleaned also, there is an additional cost.

* Prices are as follows (starting from):

\$35 for sedans / hatchbacks

\$50 for vans / SUV's

* Cleaning of the interior (starting from):

\$15 for sedans / hatchbacks

\$20 for vans / SUV's

* Cleaning of trunks for sedans; additional \$5

NOTE: Detailing work orders are conducted by appointment only.

• Used Vehicle Courtesy Inspection

The Auto Skills Center offers a 20 point courtesy inspection for Soldiers and eligible Camp Zama personnel who are considering the purchase or resale of a used vehicle. The purpose of this inspection is to help assess the condition of the vehicle before buying or selling. We do not make recommendations or give guarantees. Inspections are done by appointments only.

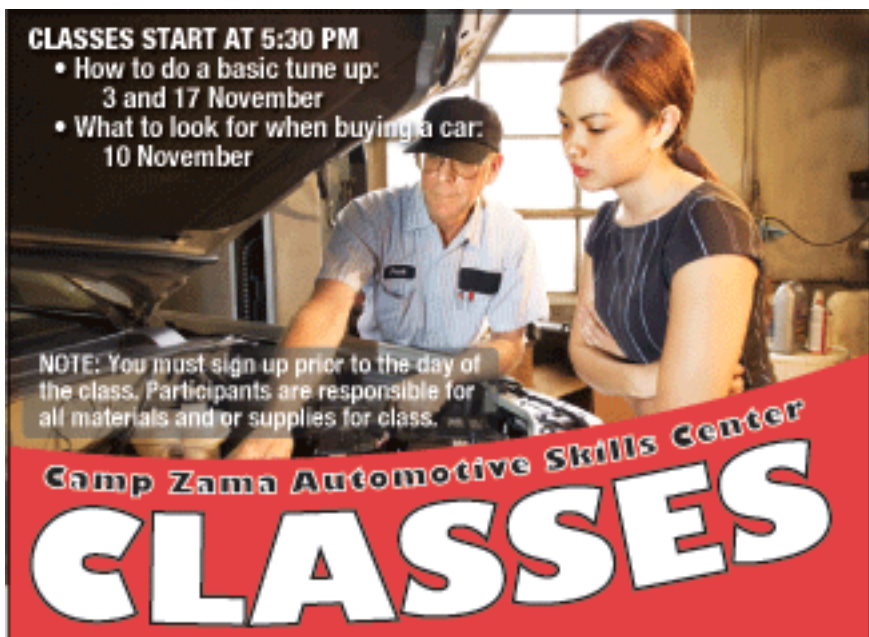


CAR WASH

The Zama Car wash can be accessed:

Monday - Tuesday: 8 am - 4:30 pm
Wednesday - Friday: 8 am - 8 pm
Saturday - Sunday: 9 am - 6 pm

The Sagamiara Housing Area car wash is closed indefinitely due to damage.



CLASSES START AT 5:30 PM

- How to do a basic tune up: 3 and 17 November
- What to look for when buying a car: 10 November

NOTE: You must sign up prior to the day of the class. Participants are responsible for all materials and/or supplies for class.

Camp Zama Automotive Skills Center

CLASSES

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

CATHOLIC SERVICES

Monday - Friday, noon, daily Mass, Blessed Sacrament, Chapel

Sunday, 9 am, Mass, Zama Chapel.

Sunday, 9:15 am, Children's Liturgy of the Word, Blessed Sacrament Chapel.

Sunday, 10:45 am, Catholic Religious Education Class, Religious Education Center.

CAMP ZAMA PROTESTANT SERVICES

Sunday, 9:30 am, Protestant Religious Education Class, Religious Education Center.

Sunday, 11 am, Worship Service, Zama Chapel.

(A nursery is provided for children up to 36 months at Zama CDC, Bldg 502, during the time of Sunday services only).

Wednesday, 6:30 pm, Music Rehearsal, Zama Chapel.

SAGAMIHARA PROTESTANT GOSPEL SERVICES

Sunday, 9:30 am, Sunday School, Sagami-hara Chapel.

Sunday, 11 am, Worship Service, Sagami-hara Chapel.

(Nursery services are provided for children up to kindergarten at the Sagami-hara Chapel during the time of Sunday services).

Wednesday, 6:30 pm, Bible Study, Sagami-hara Chapel.

JEWISH SERVICES

For information about Jewish services, events, and activities, please contact Duncan Adams at 263-2754 or write to duncan.adams@us.army.mil.

BUDDHIST SERVICES

(Soka Gakkai International - U.S.) Please contact Mr. or Mrs. Fulford at 046-257-0613 or email: forris@forrisfulford.com.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS (LDS)

Tuesday, 7 pm, Youth Activity, Sagami-hara Chapel.

If you would like to attend Sunday Services please call Richard Smith, 264-5203, or Yohei Araki at 801-649-1393.

SEVENTH DAY ADVENTIST SERVICES

Contact Mr. Tom Johnson at 263-3520 or tom.johnson3@us.army.mil for more information.

LUTHERAN SERVICE

Sunday, 8 am, Worship Service, CFAY Community Readiness Center (2nd floor Auditorium), Yokosuka. For more information, please contact Chaplain Swanson at 243-6931 or email john.swanson@fe.navy.mil. If interested in confirmation instruction, please let us know.

MEN OF THE CHAPEL

Meet 2nd and 4th Saturday of the month, 8 am - 9 am at SHA Chapel. For more information, please contact USAG-J Chaplain's Office at 263-4898.

WOMEN'S PRAISE BREAK

Wednesday, noon - 1 pm, Camp Zama Chapel. For more information, contact Chaplain Browne at 263-5973 or sharon.browneburrel@us.army.mil.

PROTESTANT WOMEN OF THE CHAPEL (PWOC)

Thursday, 9:30 - 11:30 am, Protestant Women of the Chapel (PWOC) Bible Study, at the Religious Education Center. Watch care is provided, homeschoolers welcome. POC: pwocatcampzama@yahoo.com.

KOREAN BIBLE STUDY

Thursday, 1 - 2 pm at Camp Zama Chapel. Bible Study is offered in Korean language. For more information, contact Chaplain Park at 090-6185-5502 (cell phone), or at younsoo.park@us.army.mil.

NOVEMBER ACTIVITIES

Tuesday, 1 November, 5 pm, All Saints Day Mass, Zama Chapel

Friday - Sunday, 11 - 13 November, Zama Protestant Spiritual Retreat

Wednesday, 23 November, Thanksgiving Service, Zama Chapel

USAG-J Religious Support Services and Programs offer many spiritual fitness opportunities for you and your Family. If you desire more information, please call the Garrison Chaplain's Office at 263-4898. The Garrison Chaplain's Office only advertises religious support activities under its auspices.



Welcome to The United States Army Suggestion Program

The Army Suggestion Program (previously known as the Army Ideas for Excellence Program) has gone online.

The new suggestion processing program was unveiled on Army Knowledge Online (AKO). Anyone with an AKO user name and password can now submit suggestions electronically. Detailed guidance is provided on the web page at <https://armysuggestions.army.mil>.

There are several advantages to this program; the biggest plus being that anyone with access to the Web can make a suggestion from any where that they are. There is no longer a need to wait until you return to your home station to write-up and submit your idea.

Once submitted, the suggestion is processed entirely on-line.

For further information, contact the program administrator, Mr. Keith Simon, keith.simon@us.army.mil, DSN 263-5129 or Mr. Masao Naito, masao.naito@us.army.mil, DSN 263-55634, Plans, Analysis and Integration Office (USAG-J), US Army Garrison, Japan.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

■ Directory of DMWR Facilities & Additional Activities

DIRECTORATE OF MORALE, WELFARE AND RECREATION 263-7611/3690

Army Community Services

■ DIRECTOR 263-8057
■ Army Community Services 263-4357
Mon - Wed 0730-1630
Thu 1300-1630
Fri 0730-1630
US Holidays Closed

Business Division

■ DIRECTOR 263-4452
■ ADMINISTRATIVE OFFICE 263-7935

■ DIRECTOR OF GOLF 263-3694
■ ADMINISTRATIVE OFFICE 263-4966
(All the following golf activities are open during lunch).

Course/Starter 263-4975
Mon-Fri 0700-1700
Weekends & US / Japanese Holidays 0600-1700

Restaurant 263-7665
Mon, Tue, Thu, Fri 0630-1900
Wed 0630-1900
Weekends & US / Japanese Holidays 0530-1900

Pro Shop 263-5284
Mon-Fri 0645-1700
Weekends & US / Japanese Holidays 0545-1700

Driving Range (Unattended)
Mon - Fri Sunrise-2200
Saturday Sunrise-1930
Sun 1600-2200

Chip Inn & Snack Stand 263-5834
Mon-Fri 0800-1600
Weekends & Hol. 0700-1500

■ BOWLING CENTER ZAMA 263-4780
Mon-Wed, Sat-Sun 1100-2200
Thu & Fri 1100-2230
Holidays Closed

■ BOWLING CENTER DEPOT 268-4954/4606
Tue - Sat 1100-2000
Sun - Mon Closed

■ ZAMA COMMUNITY CLUB
■ ADMINISTRATIVE OFFICE 263-4133

Lunch
Tue-Fri 1045-1315
Sunday Brunch 1000-1330

Cashier 263-4547
Sun-Thu 1000-2300
Fri 1000-0230
Sat 1000-0200

Catering 263-4204
Tue, Thu & Fri 0930-1730
Wed (Appts Only)

Game Time Sports Bar & Grill
Sun, Tue & Wed 1100-2300
Thu 1100-2200
Fri & Sat 1100-2300
No food service after 2200 hours

Cornerstone Game Room (no bar)
Tue-Thu & Sun 1000-2300
Fri 1000-0300
Sat 1000-0230

Firelite Lounge
Sun-Tue & Wed Closed
Thu Closed
Fri 1800-0300
Sat 1900-0230

USA Dining Room
Tue, Thu & Sun 1700-2100
Wed Closed
Fri-Sat 1700-2200

■ HOB NOB INN 267-6097
Lounge & Game Room
Sun, Mon, Tue Closed
Wed 1630 - 2300
Thu 1630 - 2100

Fri 1630 - 0100
Sat 1900 - 0100

■ SAGAMI LOUNGE 268-4954
Take Out 268-4142
Lunch (Mon-Fri) 1100-1300
Dinner (Tue-Sat) 1700-2000

Lounge/Game Room
Tue-Thu 1100-2200
Fri 1100-2400
Sat 1630-2300
Open during lunch

ZAMA LODGING

■ ADMINISTRATIVE OFFICE 263-3293
Reservation Desk 263-2775
Front Desk 263-3830
Open 24 hours/7 days a week

Recreation Division

■ CHIEF RECREATION OFFICE 263-3479
■ ADMINISTRATIVE OFFICE 263-5614
■ ARTS & CRAFTS CENTER 263-4412

Mon-Tue Closed
Wed-Fri 1130-1930
Sat & Sun 1000-1800

■ AUTOMOTIVE SKILLS CENTER 263-3615
Mon-Tue Closed
Wed-Fri 1130-2000
Sat-Sun 0930-1800

■ COMMUNITY ACTIVITY CENTER 263-3939
Mon-Fri 0800-2100
Sat, Sun & Hol Closed
Open during lunch

■ INTERNATIONAL TOURS 263-5273
Mon-Fri 1000-1800
Open during lunch

■ LIBRARY
Zama 263-3517
Mon-Thu 1000-2030
Fri-Sun 1000-1800
Open during lunch
U.S. Holidays Closed

Sagamihara 267-6603
Tue-Thu 1000-1900
Fri-Sat 0900-1800
Sun, Mon & Hol Closed
Closed for lunch 1400-1500

■ OUTDOOR RECREATION 263-4671
US Holidays Closed
Leisure Travel Services & Vehicle Rental
Mon-Fri 0900-1730
Sat-Sun 0800-1600
Open during lunch

Animal Boarding Kennels 263-5915
Mon-Fri 1000-1700
Sat-Sun 1000-1600
Closed for lunch 1230-1330

Hardy Barracks Lodging 229-3270
Kure Lodging 256-2580

■ POOLS 263-3348
YANO 263-5037

Mon-Fri 0600-1900
Sat-Sun, Holidays 1000-1800
SHA (Summer) 263-5656/267-6122
Wed - Sat 1030-1800
Sun 1200-1800
Mon, Tue Closed

DEPOT (Closed)
■ SPORTS/FITNESS CENTER 263-4664
Zama 263-3954

Mon-Fri 0500-2100
Sat-Sun, Holidays 1000-1800
Sagamihara 263-3954/267-6762
Mon-Sun Open 24 hrs

Depot 268-4729
Mon-Sun, Holidays 0930-1830

Support Services Division

■ DIRECTOR 263-4273
■ ADMINISTRATIVE OFFICE

Child, Youth & School Service Division

■ CHILD, Y&SS COORDINATOR 263-8086
(All the following CDC facilities are open during lunch.)

Parent Central Services 263-4125
263-4743

Mon-Wed 0800-1700
Thu 1000-1700
Fri 0800-1700

Family Child Care 263-4743
263-4125
267-6564

Sagamihara CDC
Mon-Fri 0530-1800

Zama CDC 263-4992
Mon-Fri 0530-1800

■ YOUTH SERVICES
Zama Youth Center 263-4500

Mon-Thu 1430-2000
Fri 1430-2200
Sat 1300-2200
Sun Closed

School Age Care (SHA) 267-6317
Mon-Fri 0630-1800

Youth Sports 263-5437
Mon-Sat 0900-1800
Open during lunch

School Liaison Office 263-3241

USAG-J Okinawa MWR

■ MWR OFFICE 644-5396
■ ADMINISTRATIVE OFFICE 644-4270

■ ARMY COMMUNITY SERVICE
Director 644-4110
Relocation Coordinator 644-4385
Mob-Dep/IVC 644-4116
Financial Readiness/AER 644-4378
Family Advocacy Program 644-5919
Victim Advocate/SARC 644-4908
AFTB/AFAP Program 644-4743
EFMP Program 644-4106
ACS FAX 644-5918
School Liaison Office 644-4703

■ ARTS & CRAFT CENTER 644-4303
Lobby 644-4706

■ AUTOMOTIVE SKILLS CENTER 644-5612

■ CORAL COVE COMMUNITY CLUB
Business Manager 644-4256
Lounge 644-4306
Cashier Cage 644-4426

■ LIBRARY 644-4468
Staff Room 644-5335

■ MARKETING
Commercial Sponsorship 644-4495
Graphic/Illustration 644-4665

■ SPORTS / FITNESS 644-4334
Sports / Fitness 644-4389

■ OUTDOOR RECREATION
Scuba Locker 644-4795
Retail Sales 644-4290
Equipment Issue 644-4263
Beach Rental Office 644-4659
Cabin Reservation 644-4659
011-81-611-744-4659

Kure Harbor Club

■ MWR Office 256-2580
256-2581

0800-1630
■ Outdoor Recreation 256-2575
0900/1700

■ Dining Room
Mon-Fri (Breakfast) 0700-0830
Mon-Fri (Lunch) 1130-1300
Tue-Sat (Dinner) 1630-2000

■ Bar
Mon 1630-2000
Tue-Sat 1630-2200

■ PX / CLASS 6
Mon-Fri 0900-1730
Sat 1130-1530

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.




**8TH ANNUAL
JIMMIE COOMER
VETERAN'S DAY
NICHIBEI GOLF TOURNAMENT**

FRI 11 NOV ZAMA GOLF SHOTGUN STARTS 0930 HRS.

**COST: \$30 FOR ZAMA AND TAMA HILLS MEMBERS
\$44 FOR NON-MEMBERS
¥8,000 FOR JGSDF STATIONED AT ZAMA
¥10,000 FOR MLC/IHA
¥12,500 FOR GUESTS**

**PRICES INCLUDE CARTS, PRIZES & BUFFET LUNCHEON
SIGN UP AT THE GOLF SHOP BY 4 NOVEMBER**

**CONTACT DALE JORGENSEN, DIRECTOR OF GOLF
TEL. # 263-3694
EMAIL AT DALE.JORGENSEN@US.ARMY.MIL**



MILITARY FAMILY *Appreciation Day* Celebration

Poster Contest

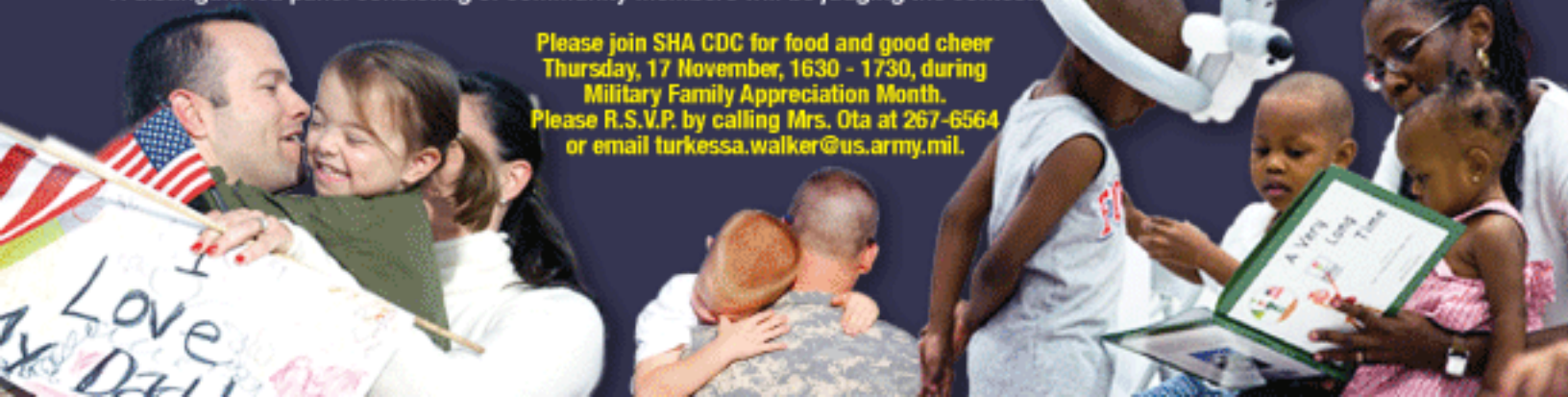
The Army Community Service Family Advocacy Program (FAP) is sponsoring a Military Family Appreciation Poster and Essay Contest. The purpose of this contest is to celebrate the military Family, both traditional and the single Soldier. Grand prizes will be awarded to both winners of the Traditional Military Family and the Single Soldier Military Family. Winners will be announced at the Camp Zama Community Night, 18 November.

Contest Guidelines

1. Posters must depict the theme, "What Family Means to Me". This must be a Family effort. For traditional Family, children and parents must work together to produce the final product. For the single Soldier, Family is identified as friends, mentors, and/or significant others, and must work together as a Family to produce the final product.
2. An essay must accompany the poster of no more than 1000 words.
3. Entries must be submitted to Barbara A. Hopkins-Cox, Acting FAPM, Bldg 402, Camp Zama, 263-4853 / 4782, or email: barbara.hopkinscox@us.army.mil or dropped off at the ACS front desk.
4. Posters and essays will be displayed at ACS, Bldg 402.

A distinguished panel consisting of community members will be judging the contest.

**Please join SHA CDC for food and good cheer
Thursday, 17 November, 1630 - 1730, during
Military Family Appreciation Month.
Please R.S.V.P. by calling Mrs. Ota at 267-6564
or email turkessa.walker@us.army.mil.**



Thanksgiving Buffet

Thursday, 24 November, CZCC Ballroom, 11 AM- 3 PM

Entrée

Traditional Roasted Whole Tom Turkey w/
Giblet Gravy/Cranberry Sauce
Herb Bread Stuffing
Corn Bread Stuffing
Beef Bourguignonne
Caribbean Jerk Chicken
Sautéed Mahi Mahi w/ Garlic Caper Sauce
Sautéed Pork w/ Mustard Cream Sauce
Mashed Potatoes
Chicken Penne Au Gratin
Orange Glazed Candied Yams
White Rice, Fried Rice
Green Beans w/ Almonds
Buttered Corn

Carving Station

Roasted Beef Top Round w/ Au Jus & Horseradish
Maple Glazed Smoked Ham w/ Pineapple Sauce

Soup

New England Clam Chowder

Salad Bar Assorted Breads Assorted Desserts

Beverages

Iced and Hot Tea, Coffee,
Hot Apple Cider, Fruit Punch, Champagne

Advance Tickets, Adults: \$21.95, Youths 8-12: \$14.95, Youths 4-7: \$10.95, Youths 4 & Under: FREE

At The Door, Adults: \$23.95, Youths 8-12: \$16.95, Youths 4-7: \$12.95, Youths 4 & Under: FREE

Tickets are available at the CZCC Cashier's Window

For more information, please call 263-4547

